

3 Systems

PC ATP

- What is the fuel source
- How Long?
- What are the limiting factors?

Glycolytic System

- Net ATP
- What is the role of Oxygen?
- How Long?
- What are the limiting Factors?

Oxidative

- Fuel Source
- #of ATP
- time period
- limiting factors

Fat vs Carbs vs Protein
What do we use and Why?

Define OBLA, Anaerobic Threshold and EPOC and what suggestions do you have for LA Removal

Outline
Effects of Anaerobic Training

Nov 5-10:52 AM

Oct 23-12:15 PM